

Resource Connection outside the EMDR standard protocol

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1. Defining the problem

Briefly define with the client the issue/problem of the session without going into details.

2. Recall of a positive memory

“Before we start I would like you to recall a memory in which you felt good with yourself...a time, or a situation in which you felt really well and whole...it can be an early memory or a more recent one...It could be a memory of few moments or an extended period of feeling well...What is the first thing that comes to mind?”

The client relates the memory to the therapist.

3. Past Resource Connection (PRC)

Compact Focusing (on the sensual, emotional, cognitive and somatic aspects)

The client is asked to close her eyes, focus on on one picture of the positive memory and enter it anew. While tapping the therapist says: “Take all the time necessary to relive it... with all your senses...notice what you hear, smell and see...allow your feelings, sensations and thoughts to emerge...breathe into it...let yourself be there for a few moments.” The therapist gives short tapping (up to 14 taps) and suggests that the client open her eyes when she finishes. The therapist inquires about the feelings, thoughts, and sensations and writes them down. (If distressing aspects appear in the memory suggest focusing on the positive aspects. Alternatively the therapist may start processing the memory until the client reaches a positive end, or suggest moving like in a pendulum from positive to negative. When the chain of positive resources is strengthening the therapist will make the connection to a closing positive resource. This may take a whole session, thus postponing work with the

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standard protocol to the next session).

4. Verbal cue

The therapist asks the client to tune in and return to the picture for a second time. During the short tapping the therapist asks the client to choose a name, a word or a sentence, which is most matching to the memory. The therapist inquires about the experience and writes it down. The therapist explains that the verbal cue is one entrance point to recall the positive memory in order to strengthen herself.

5. Somatic cue

The therapist asks the client to tune in and return to the positive picture for a second time. During the short tapping the therapist asks the client to find a physical posture which fits the memory best. The therapist inquires about the experience and writes it down. The therapist explains that the somatic cue is another entrance point to recall the positive memory in order to strengthen herself.

6. Suggestion for use of resource

The therapist emphasizes that the resource have now become accessible and encourages the client, in times of need, to connect to it in order to recharge her batteries. Resources are likened to pictures in an album which may be picked up at whenever one feels like, or like an empty car to be filled.

7. Resource connection in a problematic situation (this step is optional according to the therapist's clinical consideration)

The therapist asks the client to connect to the positive picture by using the verbal and the somatic cues and to give him a sign with her finger when she feels connected. The therapist asks her to recall a distressing situation (it is advisable to start with a minor or mild distress) and stay there for a few moments while being connected simultaneously to the positive picture. The therapist taps shortly and inquires about the experience. The therapist continues until a positive response is obtained.